

CORE COMPETENCIES – Self-evaluation Work Sheet

This document offers questions for osteopaths to self-assess their knowledge and skills towards an evidence-based practice.

0. Introductory

How would I define evidence-based practice (EBP)?

[My answer]

Resources on the topic:

- Haynes, R.B., Devereaux, P.J. and Guyatt, G.H., 2002. Clinical expertise in the era of evidence-based medicine and patient choice. *BMJ Evidence-Based Medicine*, 7(2), pp.36-38.
- Greenhalgh, T., Howick, J. and Maskrey, N., 2014. Evidence based medicine: a movement in crisis? *BMJ*, 348.
- Sackett DL, Straus SE, Richardson WS, et al. Evidence-based medicine: how to practice and teach EBM. 2nd ed. Edinburgh: Churchill Livingstone, 2000
- Woodbury GM, Kuhnke JL. Evidence-based Practice vs. Evidence-informed Practice: What's the Difference? *Wound Care Canada* 2014;12:26–29. [available at: <https://www.woundscanada.ca/docman/public/wound-care-canada-magazine/2014-vol-12-no-1/510-wcc-spring-2014-v12n1-research-101/file>]

Why do I need EBM in my daily professional life?

[My answer]

Resource on the topic:

- Haynes, R.B., Devereaux, P.J. and Guyatt, G.H., 2002. Clinical expertise in the era of evidence-based medicine and patient choice. *BMJ Evidence-Based Medicine*, 7(2), pp.36-38.

How much time have I allocated time in my professional schedule to find and assimilate evidence as a clinician?

[My answer]

Resource on the topic:

- <https://www.effo.eu/research/>
- Follow EFO follow on Social Media to get updated on recent papers https://www.instagram.com/effo_eu/ & <https://www.facebook.com/effo.eu>
- Data on time on p. 5 in: https://www.elsevier.com/_data/assets/pdf_file/0006/1090932/ClinicalKey-Use-Case-Research_6pp-Paper-ONLINE.pdf

How do I manage clinical situations for which little/no evidence exists?

[My answer]

Resource on the topic:

- Leboeuf-Yde, C., Lanlo, O., Walker, B.F. How to proceed when evidence-based practice is required but very little evidence available?. *Chiropr Man Ther*. 2013;21:24

What are the 5 steps of EBP?

[My answer]

Resource on the topic:

- <https://guides.lib.monash.edu/ebp>
- CAHPR Top ten tips for researchers series <https://cahpr.csp.org.uk/content/cahpr-top-ten-tips>

What is the patient's role regarding decision-making in EBM? What information needs to be shared between patient and practitioner?

[My answer]

Resources on the topic:

- <https://www.ncor.org.uk/practitioners/practitioner-information-communicating-benefit-and-risk-in-osteopathy/shared-decision-making/>
- <https://www.nice.org.uk/about/what-we-do/our-programmes/nice-guidance/nice-guidelines/shared-decision-making>

1. Ask

How can questions be formulated in order to be answerable and to find literature on a specific topic?

[My answer]

Resource on the topic:

- Video on Finding and making sense of the literature (up to min 13) <https://www.youtube.com/watch?v=KOAzT6-JBCY>

How can I use PICO when formulating a question?

[My answer]

Resources on the topic:

- <https://canberra.libguides.com/c.php?g=599346&p=4149722>

2. Acquire

What is the hierarchy of evidence? What are the different models of hierarchy of evidence I know of?

[My answer]

- Jonas, W. B. (2005). "Building an evidence house: challenges and solutions to research in complementary and alternative medicine." *Forsch Komplementarmed Klass Naturheilkd* 12: 159–167.
- Walach, H., et al. (2006). "Circular instead of hierarchical: methodological principles for the evaluation of complex interventions." *BMC Med Res Methodol* 6(29): [Online] Available at: <http://www.biomedcentral.com/1471-2288/1476/1429>.
- <http://www.betsiresearch.wales.nhs.uk/sitesplus/documents/836/Hierarchy%20of%20evidence%20factsheet%20v1%2011042016.pdf>

How can I create a search string, and use Boolean operators; truncation; and search filters for more efficient searches?

[My answer]

Resources on the topic:

- <https://library.csun.edu/ResearchAssistance/BooleanSearching>

How can I access the full text of articles and other evidence resources?

[My answer]

Resource on topic:

- Video on Finding and making sense of the literature (between min 13 to 26) <https://www.youtube.com/watch?v=KOAzT6-JBCY>

3. Appraise and Interpret

What tools do I have to support my critical analysis of the articles I read?

[My answer]

Resources on the topic:

- Video on Finding and making sense of the literature (between min 26 to 44) <https://www.youtube.com/watch?v=KOAzT6-JBCY>
- Assessing papers equator and for Outcomes COMET:
 - o <https://www.equator-network.org/>
 - o <https://www.comet-initiative.org/>

What is qualitative research and how can it be used to provide insight to my clinical practice?

[My answer]

Resources on the topic:

- Petty, N. J., et al. (2012). "Ready for a paradigm shift? Part 1: Introducing the philosophy of qualitative research." *Manual Therapy* 17(4): 267-274.
- Petty, N. J., et al. (2012). "Ready for a paradigm shift? Part 2: Introducing qualitative research methodologies and methods." *Manual Therapy* 17(5): 378-384.

What resources do I have to support me in interpreting different types of measures of association and effect, including key graphical presentations?

[My answer]

Resources on the topic:

- Statistics made easy: <https://youtu.be/l10q6fjPxJ0>
- Statistical tests: which one should you use? <https://www.scribbr.com/statistics/statistical-tests/>
- Full pack of videos re statistics: www.zstatistics.com
- What (Exactly) Is Research Methodology? A Plain-Language Explanation & Definition (With Examples) <https://gradcoach.com/what-is-research-methodology/>

4. Apply

How can I engage patients in the decision-making process? How can I recognise the nature of the patient's dilemma, hopes, expectations, fears, and values and preferences?

[My answer]

Resources on the topic:

- <https://www.ncor.org.uk/practitioners/practitioner-information-communicating-benefit-and-risk-in-osteopathy/shared-decision-making/>
- <https://www.nice.org.uk/about/what-we-do/our-programmes/nice-guidance/nice-guidelines/shared-decision-making>
- Video on Finding and making sense of the literature (up to min 7) <https://www.youtube.com/watch?v=KOAzT6-JBCY>

5. Audit (Evaluate)

What is the role of personal clinical audit in facilitating EBP?

[My answer]

Resources on the topic:

- <https://www.effo.eu/proms/>
- <https://www.ncor.org.uk/practitioners/audit/>
- <https://www.ncor.org.uk/practitioners/audit/clinical-audit-tools/>